

## Women's Self Defense Class

By *shawn\_hara*

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**Location:** Paula Martin Jones Recreation Center Gym

**Date:** July 1, 2010

**Start & End Time:** 6:00pm - 7:00pm

**All Day Event:** No

Women's self defense class at the Paula Martin Jones Recreation Center gym. This is not a Karate class, as this is a class that will be filled with various exercises and protection techniques. Classes will be taught by Eric Davis.

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